

Spring Into Action

This program is presented by the Centers for Disease Control and Prevention.

As the days get longer and the weather warms, people of all ages will start to spring into action! Spring is a great time to breathe fresh air, stretch your arms and legs, and get physically active outdoors.

Lack of physical activity contributes to obesity, heart disease, stroke, and other chronic health conditions. Fortunately, many communities are making it easier and safer to be physically active. Neighborhoods across the country are working together to create more public spaces for walking, running, biking, and other physical activities.

Adults should get at least one hundred and fifty minutes of physical activity each week and children should get sixty minutes a day. If you find it hard to walk to a local recreation center, park, or playground, learn how to make *your* neighborhood a place that makes healthy living easier.

Visit MakingHealthEasier.org for information about ways communities can change to get more people outside and moving.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.